

# Urbana Senior Center

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www.FrederickCountyMD.gov/aging

## February Program Highlights

### The Inside Scoop: Education & Ice Cream

#### Pancake Supper and Mardi Gras Party

Pancakes for supper! Ice cream and king cake! Trivia and History of Mardi Gras! Plus lots of other Mardi Gras fun!

**Date:** Tuesday, February 17

**Time:** 5:30 p.m. **Cost:** \$5.00

#### Cabin Fever Day

The winter weather is taking its toll. The Frederick County Department of Aging is offering a fun day to help battle the doldrums of winter. Participants will be able to try out a variety of fitness classes, explore new hobbies, create art, and learn new skills.

**More details to come!**

**Date:** Friday, February 27

**Place:** Frederick Senior Center

#### Book Club

Do you like to read? Join our book club.

**Date:** First Monday of every month

**Time:** 1:30 p.m. **Cost:** Free

#### Tuesday Night Pizza & Games

Enjoy an evening of games! We play for fun and bragging rights! Join us for pizza before the fun and games begin.

**Date:** 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup> Tuesdays

**Time/Cost:** Pizza 5:30 p.m. \$5 per person  
Games 6:30 p.m. Free

#### Stitching Post

Come knit, crochet, or just talk. Members of this informal group help each other with projects, patterns, and learning new skills.

**Date/Time:** Mondays 10:00 a.m. Free

**Date/Time:** Tuesdays 1:00 p.m. Free

### ~~Breakfast for Lunch~~

#### Valentine's Day Luncheon with Nurse Steve

Lunch menu: tossed salad, prime rib, green bean casserole, baked potato, cherry pie  
Nurse Steve's talk will be "How do I exercise my brain to stay at the top of my game?"  
A discussion on brain health, forgetfulness, dementia, and memory impairment.

**Date:** Thursday, February 12

Sign-up by Thursday, February 5

**Time:** Noon

**Cost:** \$4.80 (Regular meal cost)

#### Mobile Information and Assistance (I&A)

Need help? A staff member from the Department of Aging will provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

**Date:** Thursday, February 12

Appointments are encouraged

**Time:** 11:00 a.m. **Cost:** Free

#### Take Home Info

Be educated! Learn one new thing a week. Each week in February we'll provide you with some take home information that you can use!

**Nutrition Minute:** protein foods, variety is key

**Education for All:** Presidential Firsts

**Health Ed 101:** Osteoporosis in Aging

#### Chinese Mah Jong

The leisure game of Chinese Mah Jong will exercise your brain. Beginners welcome!

**Date:** Tuesdays

**Time:** 1:00 p.m. **Cost:** Free